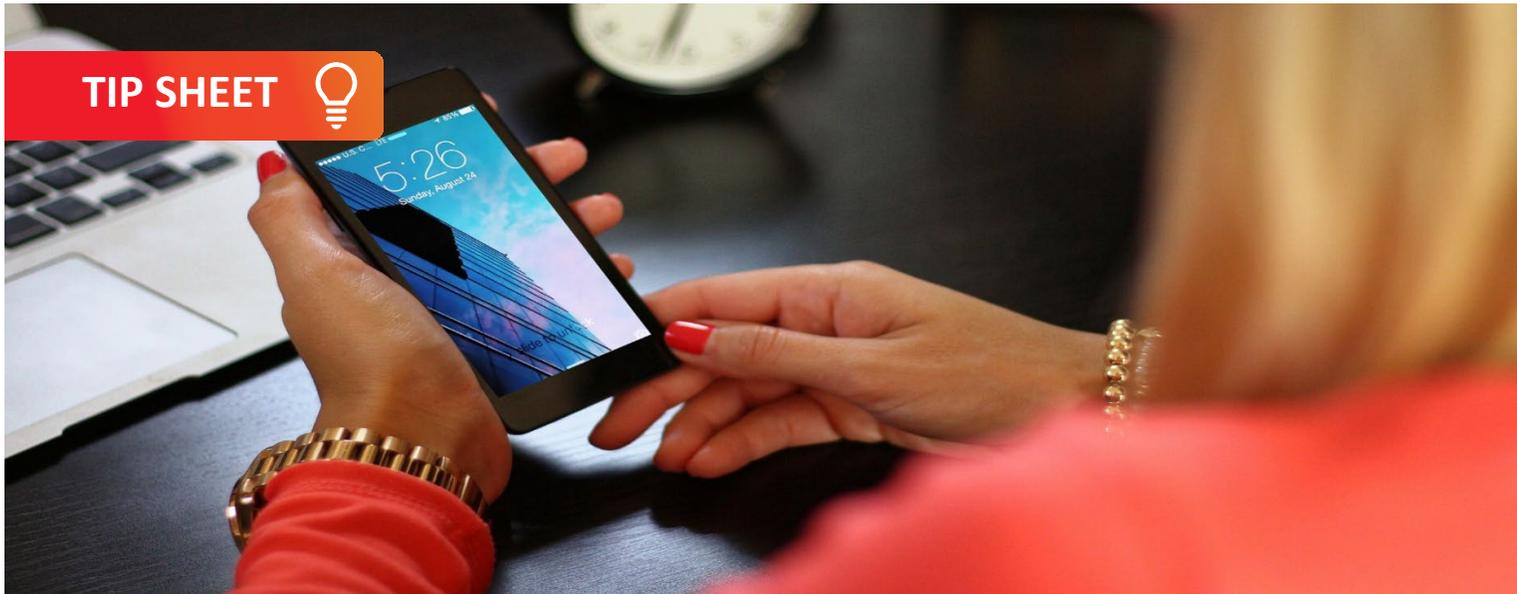


Helping Professionals Keep Safer from Domestic Abuse During COVID-19



As we transition to working from home, supporting professionals to be safer and feel safer is key

1. Safety First

Create a **safety plan** to protect individuals during this stressful time. **Safety planning at home and work** is essential to keep professionals and families safer. **Safety plans** should be made with advice from a domestic violence expert to manage hidden risk. Plans can be made for anyone experiencing domestic violence, including employees working from home, friends, family members or other people supporting someone impacted.

2. Continue Communication

You can help support someone who you believe may be in an abusive situation, or at-risk, by **keeping lines of communication open** with them. Start by creating regular contact with friends, work colleagues or loved ones. Helping is simply showing up regularly to communicate remotely.

Think about what the person's pre-COVID-19 behaviour was like to understand if there are any changes. **Be mindful your phone call or text might be monitored by an abuser and have unintended consequences.** Consider saying, *'how is the family coping?'* rather than, *'are you safe, do you need help?'*

To get private help [contact Janine Lee](https://dvbusinessolutions.com.au/find-help/) on 0448 744 874 or go to <https://dvbusinessolutions.com.au/find-help/>

Are you a private professional or business leader? Do you or an employee need help to **BE SAFER AND FEEL SAFER** from domestic violence or abuse at home or work? Confidentially [contact Janine Lee](#) at Domestic Violence Business Solutions to become safer using our invisible DvSAFER™ accelerator program to live your best life!

3. Recognise Danger Signs

There are many danger signs. **Separation, attempted separation** or **talking about leaving** can be very dangerous times.

Strangulation is common and extremely high-risk. Become familiar with what dangerous and threatening language may look like, e.g. *"only put their hands on my throat ... didn't mean to ... apologised later ... promised it wouldn't happen again."*

Other high-risk danger signs include **sexual violence, stalking** (including monitoring your movements, emails, phone and social media messages), **pregnancy**, and others.

4. Use Wellness Checks Cautiously

Non-emergency - look and listen for signs of distress. Establish communication. If an affected person can ask for help, they will. Intervening in an abusive situation without a safety plan can unintentionally increase the risk of violence to a person and should always be handled by professionals when possible. If you are unsure, ask a professional for guidance.



Ideas To Share

- Take the [healthy relationship](#) quiz.
- The prevalence of domestic violence and abuse **INCREASES** during times of stress, quarantine, isolation from social and work circles, economic uncertainty, and limited access to resources.
- Not all homes experience domestic and family violence or abuse.

PROFESSIONALS CANNOT BE EXPECTED TO SAFELY SOLVE ABUSE ON THEIR OWN

'Please know there are always, always options.' JANINE LEE, DIRECTOR

5. Get Help From a DV Expert

Get help from a domestic violence specialist where you can. Best intentions to intervene without guidance can increase risk. It is difficult to navigate safety solutions alone.

Emergency - if you feel your safety, or another person's safety is at risk, and you need immediate help in an emergency call **000**.

Find us here



DvBusinessSolutions.com.au